

Mike Morone, offering my services as a:

Personal Wrestling Coach Expert Drill Partner



For novice or experienced wrestlers
In your home or my location

Helping young wrestlers discover their personal style
Helping experienced wrestlers explore other styles
Providing accomplished wrestlers with an expert drill partner

Specializing in:

- Personalized Styles
- Drilling / Rolling techniques
- Positioning
- Defensive Techniques
- Slowing down faster opponents
- Scoring against stronger opponents
- Setups and Finishes
- Takedowns, Tilts, Escapes
- Freestyle and Greco Roman



Credentials:

- Tenured teacher with 12 years of experience
- 35 years of wrestling experience
- Two-time NCAA Division III All American
- Three-time NYS Collegiate place finisher

For information or rates, contact Mike at:

(585) 749-5107

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